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metroNEWS

The Google self-driving car manoeuvres through the streets of Washington, D.C. GETTY IMAGES FILE

Vancouver considers injection sites

OVERDOSES

If realized, service could be provided at health centres

B.C. health officials are considering offering supervised-injection services in community health clinics, triggered by a new federal government and a spike in fentanyl overdoses.

Health authorities in Vancouver and Victoria have begun discussions about providing the services in clinics that already help people with addictions, for example, through clean needle programs.

"The situation here is getting worse," said Dr. Mark Lysyshyn of Vancouver Coastal Health in an interview Thursday. "We just see that offering supervised-injection services is a more viable way to prevent some of the harm that's being caused right now."

The discussions mark a shift for harm-reduction proponents who were long stymied by the previous Conservative government. A rise in overdose deaths from the dangerous opioid fentanyl has added to the urgency, officials say.

Health authorities must apply for an exemption from federal drug laws in order to offer supervised-injection services. Lysyshyn said Vancouver Coastal Health is considering applying for a single exemption to cover multiple sites.

It's not yet known which centres would offer supervised injection, but the authority plans to target those that already offer harm reduction to drug users, he said.

Lysyshyn said the authority was encouraged by Health Canada's recent approval of the Dr. Peter Centre, an HIV-AIDS clinic that has offered supervised injection along with other services in Vancouver's west end since 2002.

> **We're sort of in a new world now.**
> Dr. Mark Lysyshyn

"We're sort of in a new world now," he said. "There's been a lot of interest in Canada in harm reduction and a belief that it's been the right thing to do for people and that it saves lives, but we haven't been able to move on that in the past 10 years."

The B.C. Coroners Service has said overdose deaths are on the rise in the province and a growing portion are linked to fentanyl, a potent synthetic that is often cut with other drugs. Thirty per cent of overdose deaths involved fentanyl in 2015, up from five per cent in 2012.

Island Health spokeswoman Suzanne Germain said the authority has long considered supervised injection an important harm-reduction model, but only recently began active discussions with Victoria city officials and police about offering the service in community sites.

"The major factor for us has been the change in attitude at the federal government level. I think it was really clear under the previous government that something like this would not be approved." THE CANADIAN PRESS

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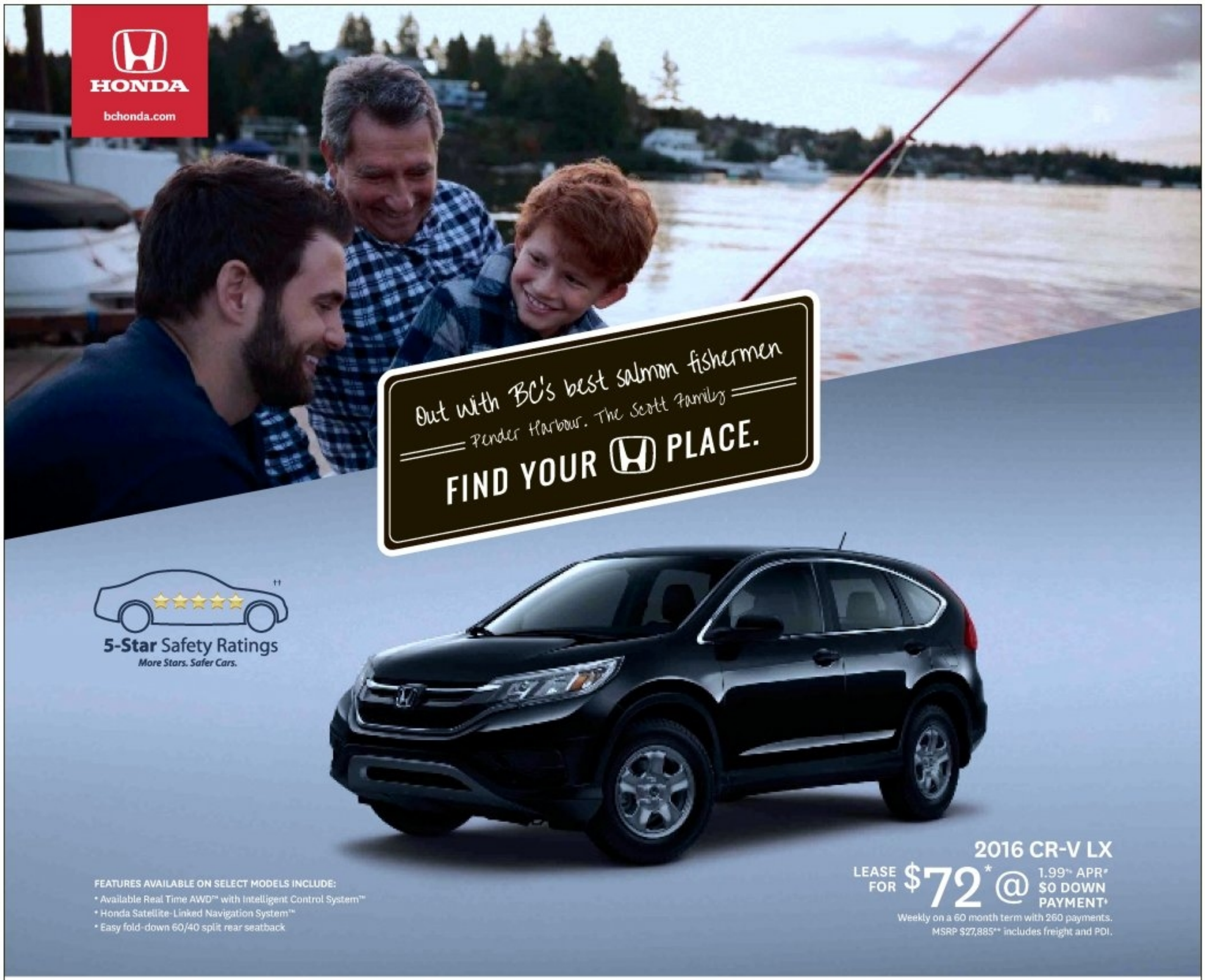

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Pope says women can use contraception if threatened with Zika virus.

Parents fear impacts of lead: NDP

WATER

Medical officer says situation 'not an acute health problem'

Students in the Prince Rupert school district received a letter dated Feb. 16 that said **the district and Northern Health are addressing elevated levels of lead in the drinking water at four schools.** PHOTO ILLUSTRATION BY SEAN GALLUP/GETTY IMAGES

A failed classroom experiment four years ago in northwestern British Columbia has spawned widespread concern from parents who fear their children face risks of lead poisoning from drinking water at their schools.

A science class in Kitimat was trying to raise salmon eggs in an aquarium in 2012 but the eggs kept dying, prompting water tests that found copper and lead, said a B.C. Centre for Disease Control report released Thursday by the Opposition New Democrats.

"Here, the death of the salmon eggs in a classroom aquarium triggered an investigation that found elevated levels of copper and lead in the school's drinking water," said the report, dated April 2014.

A district-wide investigation then found varied levels of lead and copper in drinking water in other schools.

Flushing school water taps every morning was deemed a cheap and effective means of keeping the water safe, read the report, which suggested these mitigation actions "may be informative for health authorities across Canada."

But North Coast New Democrat MLA Jennifer Rice said Thursday it took four years for the investigation's results to filter to Prince Rupert, located about 200 kilometres from Kitimat.

Earlier this week, students received a note from the local school district that elevated levels of lead were found in the drinking water at four schools in Prince Rupert.

"Parents are scared," said Rice. "Parents are wondering if they should be testing their children for lead poisoning."

The Feb. 16 letter stated: "School District 52 is working with Northern Health to address elevated levels of lead detected in water at four schools in Prince Rupert. The school district is committed to ensuring that the drinking water provided to staff and students at local schools is safe and has taken steps to address possible health concerns related to exposure of lead, including the implementation of a flushing program before the start of each school day."

> **Parents are wondering if they should be testing their children for lead poisoning.** Jennifer Rice

Exposure to elevated levels of copper is linked to acute gastrointestinal effects in the short term and possible liver effects in the long term, while even low-level lead exposure is associated with neurodevelopmental effects, said the centre for disease control report.

Rice said she's concerned Prince Rupert residents only learned this week about a problem discovered four years ago.

"It has been four years since the situation in Kitimat, which was identified at that time as a possible similar situation in other northwest communities," she said.

"Four years is too long. They waited four years to even test Prince Rupert."

Health Minister Terry Lake said the government is aware of the issue in Prince Rupert and is taking action. School water lines are being flushed every morning and filters are being installed on water fountains, he said.

Provincial medical health officer Perry Kendall said he's not sure why broader warnings about school water quality were not issued following the Kitimat issue.

He said school water systems in southern B.C. schools were tested for lead levels during the 1980s and 1990s, but the program "apparently" did not extend to the north.

"Ideally, it would have happened earlier," said Kendall. "I don't know why it didn't."

Kendall said lead exposure for children is harmful, but blood tests taken from children over a two-year period from 2009-2011 did not find elevated lead levels.

"From what we can see from the previous testing that was done in areas where kids were drinking water with higher levels of lead, we're not seeing higher levels of lead in those children."

He said the situation in Prince Rupert is "not an acute health problem."

THE CANADIAN PRESS

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Port Metro Vancouver's Centerm container dock. JENNIFER GAUTHIER/METRO

Port sees decline in coal exports

BUSINESS

China's shift to cleaner energy sources seen as cause of slump

Matt Kieltyka
Metro | Vancouver

Port Metro Vancouver didn't ship a single lump of thermal coal to China in 2015.

The port authority released its 2015 statistics overview on Thursday, offering a detailed glimpse of what moves through Canada's busiest terminals.

Overall, Port Metro Vancouver handled 138 million tonnes of cargo last year, down one per cent from 2014.

Robin Silvester, president and CEO of Port Metro Vancouver, told Metro the minor decrease is impressive considering the economic climate.

For example, the movement of thermal coal dropped 21 per cent to 9,150,273 metric tonnes. Thermal coal exports to China, which has been aggressively transitioning to cleaner energy, from Port Metro Vancouver terminals disappeared completely in 2015.

None was shipped to China last year, compared to 1,313,954 metric tonnes in 2014 and 1,736,083 metric tonnes the year before.

More than five million metric tonnes of metallurgical coal was still shipped to China through Port Metro Vancouver, but even that was down 29 per cent.

Thermal coal exports to South Korea and Japan also substantially decreased by 17 and 27 per cent, respectively.

A 33 per cent drop in crude petroleum exports also point to economic troubles in Alberta, Silvester said.

The decrease in some resource exports was offset but record movement of containers, potash and grain went through Port Metro Vancouver.

"We're pleased given the difficult global backdrop," said Silvester. "Certainly we're in pretty good shape (for growth)."

21

Per cent of thermal coal exports that are down from last year.

The port is seizing the increased container traffic (up five per cent to 3.054 million containers) by planning to significantly ramp up its capacity in the coming years.

The planned Roberts Bank Terminal 2 in Delta, which still needs environmental approval, would add capacity for another 2.4 million containers.

The port is also looking to expand its Centerm container terminal in Vancouver's inner harbour.

Silvester says the expansion would see Centerm's capacity increased by two-thirds, add two or three additional cranes and improve access for trucks.

The preliminary comment period for the project ended Feb. 12.

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TRANSPORTATION 2040

Councillor warns that city must address the technology

Thandi Fletcher
Metro | Vancouver

Driverless cars might seem like a futuristic dream, but a city councillor doesn't want Vancouver to take a hands-off approach to the emerging technology.

Coun. Geoff Meggs is steering a motion slated for next Tuesday's council meeting, asking city staff to look into the impact of self-driving vehicles and how to maximize the benefits of the technology for Vancouver and the city's economy.

The city's transportation 2040 plan — which outlines a strategy for how people and goods will move in and around Vancouver for the next 30 years — was adopted only four years ago, but Meggs said the plan fails to address driverless technology.

Dutch Minister of Infrastructure and Environment Melanie Schultz van Haegen sits in a self-driving car in this 2013 file photo. MARCEL ANTONISSE/AFP PHOTO/ANP

That's worrying, he said, considering makers of several autonomous cars believe the vehicles will be street-ready as soon as 2020.

"It may be a powerful tool or there may be problems with it, but at the moment, it's an empty category in a lot of our thinking," Meggs told Metro. "We don't want our (transportation) plan, which we just did, to be obsolete before it even starts."

Driverless cars are already being road-tested in Ontario, the United Kingdom, France, Zurich and some parts of the United States.

On Thursday, Transport Minister Marc Garneau also asked the Senate to launch a study of the regulatory, policy and technical issues that need to be addressed so that Canada can smoothly and safely make the transition to self-driving vehicles.

> **We don't want our plan ... to be obsolete before it even starts.**
> Coun. Geoff Meggs

Meggs said self-driving vehicles have the potential to make driving safer, and could help reduce the number of cars on Vancouver streets by allowing more people to share one vehicle.

But there are also challenges, he said, from road safety to liability and insurance, and cyber security, ensuring that the vehicles' computer systems can't be hacked.

Protecting the privacy of passengers who don't want their whereabouts constantly tracked is also a concern, he added.

Negative impacts on the economy also need to be considered, Meggs said, if the technology could put some people out of jobs.

"We have to ask what we're going to do with all the drivers out there who are highly skilled people," he said.

"I'm not suggesting we turn down the technology on that basis but I think there should be a thoughtful approach because the technology may be appealing for some people but it can devastating for others."

While many of the answers are still unknown, Meggs said it's important for the city to drive the discussion and not let potential benefits of driverless technology pass them by.

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IN BRIEF

Taxi victim 'targeted'
Mounties in Surrey say a man who was shot in the leg while riding in a taxi early Thursday was likely targeted. Shortly after 5 a.m., Surrey RCMP said they received several calls reporting gunshots being fired in the area of 143 Street and 109 Avenue, including one from a man who said he had been shot in the leg.
THANDI FLETCHER/METRO

Police hunt for 'smiling robber'

CRIME

Force eager to wipe grin off face of suspect in wave of raids

Thandi Fletcher
Metro | Vancouver

Vancouver police are eager to wipe the smile off a man they allege is responsible for robbing nine banks in recent weeks — all with a big grin on his face.

The robberies, which started Jan. 20, have targeted TD, CIBC and BMO banks in both Vancouver and Burnaby, according to police.

In all of the robberies, the man warned bank staff that he was armed with a weapon, police said.

Investigators believe that the same man is responsible for each one in the string of recent incidents.

He is described as South Asian, in his 20s, five-foot-five with a skinny build, and short black hair that is shaved on the sides.

Anyone who knows his identity is asked to get in touch with Vancouver police or Crime Stoppers.

Surveillance footage shows a man accused of **robbing nine banks** since Jan. 20. COURTESY VANCOUVER POLICE

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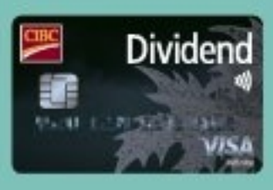

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PRISON

Relief as murderer waives parole right

The man convicted of murdering two young girls, their parents and grandparents more than three decades ago in British Columbia has waived his right to an upcoming parole hearing, and it will be 2021 before he can apply again.

David Ennis, who has changed his name from David Shearing since the August 1982 murders, was due for a parole hearing in August.

A spokeswoman for the Johnson and Bentley families says relatives of the victims are relieved at the cancellation, and are pleased that new federal rules mean Ennis can't apply for another hearing for five years.

Ennis pleaded guilty to six counts of second-degree murder in 1984 for the murders of 13-year-old Janet and 11-year-old Karen Johnson, their parents, Jackie and Bob Johnson of Westbank, and Jackie's parents, Edith and George Bentley.
THE CANADIAN PRESS

TRAFFICKING

New raft of charges against drug ring

A drug trafficking investigation that has stretched across British Columbia since 2014 has now produced dozens more charges.

A release from the Combined Forces Special Enforcement Unit, which targets organized crime in B.C., says 50 charges have been laid against five men, all from Chilliwack.

That's in addition to charges laid last year against three of five people arrested in February 2015, after police smashed a drug-distribution network operating between the Fraser Valley and northeastern B.C.

A total of 13 trafficking charges have now been laid against three men, ranging in age from 22 to 26, while two others, aged 23 and 25, each face 12 counts of possessing a prohibited device and multiple counts of trafficking.
THE CANADIAN PRESS

$5 million

The CFSEU says arms, cash and $5 million **worth of illegal drugs, including potentially deadly fentanyl, have been seized** in several busts since the ring was first identified in 2014.

IN BRIEF

Strict criteria for stores interested in selling wine
Grocery stores hoping to sell British Columbia's high-quality wines, ciders and sake will have to bid against each other for the chance to apply for a licence.

The province has released details of the next step in moving some sales of 100 per cent B.C. wines onto designated shelves in specific supermarkets.

The right to apply for a licence to sell the alcohol will be auctioned off through BC Auction, with the first round in late April.

Only grocery stores that meet strict criteria will be eligible to bid.
THE CANADIAN PRESS

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No resurrection for museum

INFRASTRUCTURE

Council won't revisit nixed project despite public pleas

Matt Kieltyka
Metro | Vancouver

North Vancouver's mayor wants to move on from the pipe dream that was the $10-million waterfront museum proposed at the former shipyards' Pipe Shop.

Last month, city council narrowly voted 4-3 against supporting the new exhibit space proposed by the North Vancouver Museum and Archives (NVMA), which despite federal and private commitments failed to meet its $5-million fundraising goal.

City of North Vancouver Mayor Darrell Mussatto, who cast a vote against, said the final decision came down to a feasibility study that concluded the museum would be a money loser.

An artist's rendering of the proposed North Vancouver Museum and Archives. CONTRIBUTED

Since the decision, NVMA has expressed it is "deeply disappointed" by the decision and council this week voted down a motion to review the decision in public (the vote, and discussion about the feasibility study, were made in-camera).

Mussatto expressed sympathy for supporters of the rejected project, but is eager to move on.

"It's not going ahead," he said. "What we want is a community museum that's barrier-free. Maybe we need to take a step back and revisit the scope of the project. Does it need to be in a $10 million building?"

Although it appears the museum plans are going back to the drawing board, construction on the new media $15-million Polygon Gallery, which will replace the existing Presentation House at 3rd Street and Chesterfield Avenue, at the site of the historic shipyards continues.

> **"Maybe we need to take a step back and revisit the scope of the project. Does it need to be in a $10-million building?**
> Mayor Darrell Mussatto

Mussatto said that project, which broke ground last month, benefited greatly from private donors stepping up, including a $4-million gift by well-known philanthropist and art collector Michael Audain.

The same kind of private support doesn't appear to exist for museums, Mussatto suggested.

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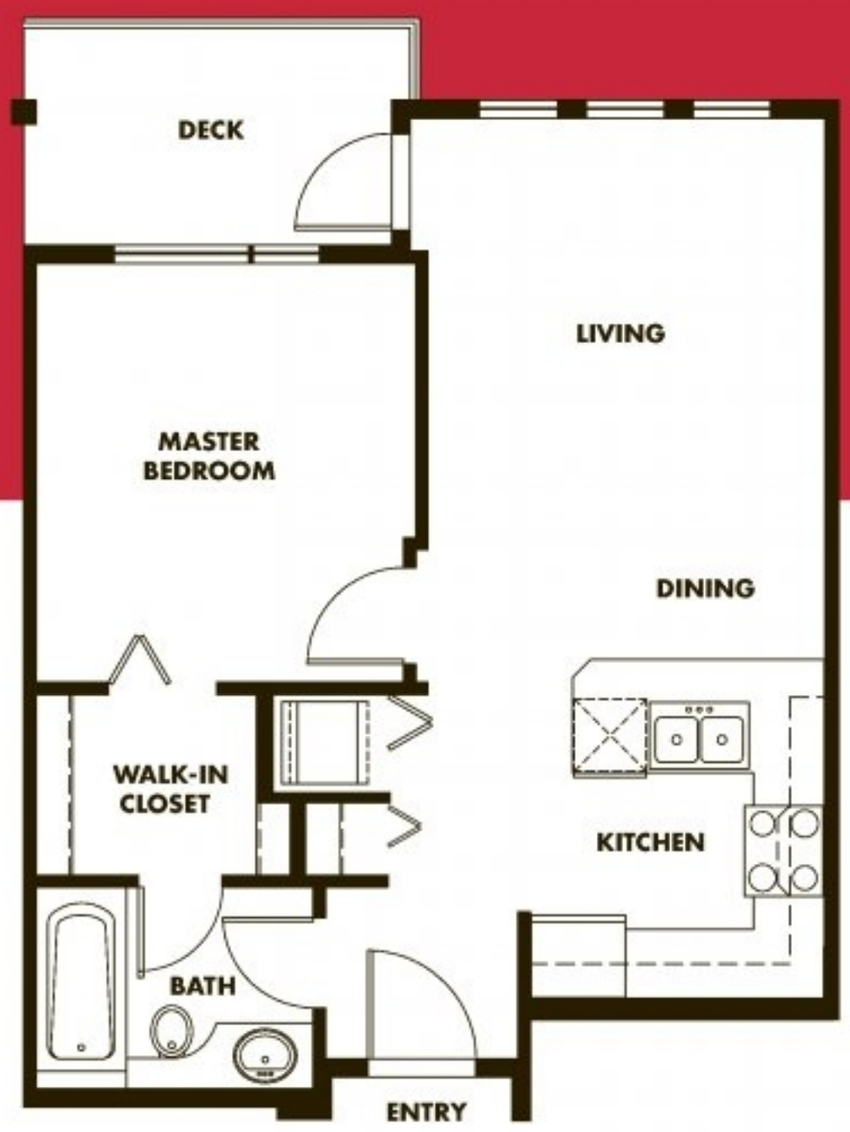

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VANCOUVERING

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A community worth rooting for

A traditional mix of light industrial and residential, Cedar Cove, part of Grandview-Woodlands, is a hip neighbourhood on the rise.

CAFÉ POLITICS

DEVELOPMENT

Neal Hall
For Metro

Developer Jason MacDonald outside his 100-year-old Hamilton Building at the north end of Victoria Drive. MacDonald has dubbed the Cedar Cove neighbourhood 'Port Town' in homage to its historical roots. JENNIFER GAUTHIER/FOR METRO

One of the oldest commercial districts in East Vancouver is being reborn as a hub for craft breweries and is going to see more residential towers in the future.

The area is called Cedar Cove by city planners, although one local developer, Jason MacDonald, has rebranded the area "Port Town" because of its historical roots — a cedar mill was located on the port in the early 1900s and one of the city's first breweries, Columbia Brewery, which was located in 1892 roughly where the Princeton Hotel pub is today.

He says Port Town is the natural extension of Railtown, the district east of Gastown. MacDonald, 34, bought the 100-year-old Hamilton Bank building on the northwest corner of Powell Street and Victoria Drive last year.

"It's a cool community," he says, noting that the area now boasts eight craft breweries, with a ninth set to open later this year on Powell Street, and even has a French bistro — Bistro Wagon Rouge — next door to MacDonald's building.

"That restaurant is affordable and one of the best in town," he says. "I think it's still one of the most affordable communities left in Vancouver."

His development company, Caulfield Rock, has done a makeover of the heritage building and is now offering 42 studio apartments with rents ranging from $750 to $1,150. The rents reflect that the suites have shared bathrooms, but MacDonald adds they are "high-end" spa-style bathrooms.

He says the people who have expressed interest in the suites are in the under-35 age "creative types" working in the restaurant industry and local retail shops. The building is also offering four commercial spaces on the ground-level, which MacDonald would like to see filled by "artisanal" shops.

"I think this neighbourhood is the next hip, creative neighbourhood," MacDonald says.

Cedar Cove includes the strip of industrial buildings along Powell Street going west to Clark Drive, Hastings Street to the south, and along Wall Street to the north as far east as Kamloops Street.

It's always been a mix of light industrial and residential. One of the local employers in the city's industrial past was the Terminal City Iron Works, which at one time produced all of Vancouver's manhole covers and fire hydrants. The company moved to Langley in 2001.

In more recent years, the old industrial site at Victoria Drive and Franklin, which takes up a full city block, served as a film set for such movies as the X-Files, Superman, Deadpool and TV series such as Dark Angel and DaVinci's Inquest.

It was recently demolished and developer Conwest plans to turn the 2.5-acre site into a 300,000 sq. ft. industrial warehouse/office complex.

MacDonald notes that the area has also caught the attention of other land investors: Reliance, which owns the artists' live-work ARC building on the north corner of Commercial and Powell, recently bought a building closer to Victoria Drive, and former lululemon founder Chip Wilson's company, Low Tide Properties, has bought the Tesla Motors site on the southeast corner of Commercial and Powell.

"I would say this area is just on the cusp — in two or three years you're going to see massive changes," he adds.

Vancouver city planner Andrew Pask, responsible for the Grandview-Woodland community, which Cedar Cove is a part of, says the city has not made any policy decisions about the area's future.

He said the final report by a citizen's assembly — 43 residents chosen to study the area's future development and make recommendations — has recommended residential towers of up to 20 storeys in Cedar Cove on the north side of Hastings at Clark, up to 15 storeys on the north side of Hastings at Commercial, and scaling down to up to six storeys at Hastings and Kamloops.

The city wants to retain the affordable housing apartment blocks in Cedar Cove, Pask says, as well as retain heritage buildings, if possible.

But the city is looking at creating new housing opportunities along Hastings, he adds, and a planning department report is expected in the next few months, which then will be offered for more public discussion.

Port Metro Vancouver has already expressed concern about the dwindling industrial land base around the port, which is important for shipping services and the distribution of goods, But Pask says: "The industrial land will stay used as industrial — that's not being changed."

But some industrial land along the Hastings transit corridor has already been changed to residential a few blocks west on the north side of the Hastings viaduct, where a new 280-unit residential tower, Strathcona Village, is being built, with light-industrial zoned for the bottom floors.

Asked if he thinks MacDonald's name for Cedar Cove, "Port Town," will catch on, Pask said every developer likes to rebrand an area in their marketing, but concedes: "There are not many cedar trees left."

The Columbia Brewery at Cedar Cove on the north side of Powell Street at Wall Street and Victoria Drive in 1892.
WILLIAM STARK/VANCOUVER ARCHIVES

> **I think it's still one of the most affordable communities left in Vancouver.** Developer Jason MacDonald

1 Fairmont Waterfront's "Bee Butler" Michael King, with honey harvested from the rooftop garden. COURTESY FAIRMONT HOTEL 2 The Vancouver Courthouse's rooftop garden. AMY LOGAN/FOR METRO 3 The rooftop garden atop UBC's Student Union Building. JOLENE LOVEDAY/CONTRIBUTED

VANCOUVER TRENDING **ROOFTOP GARDENS OFFER ROBUST RANGE OF DELIGHTS**

A hidden oasis in the city core

Amy Logan
For Metro | Vancouver

On the third floor of the Fairmont Waterfront Hotel in downtown Vancouver lies a hidden oasis, a 2,100-sq.-ft. garden.

In summer, it brims with seasonal produce with birds flitting through the branches of its apple and fig trees.

One of Vancouver's first green roofs, the garden offers up edible blossoms; vegetables such as garlic, tomatoes, carrots, and beans; fruits like figs, grapes and strawberries; and fresh herbs like lavender, rosemary and basil.

"We are incredibly proud of our garden and love to share our story," said Kristyna Vogel, manager of marketing and public relations at the Fairmont Waterfront.

All are used in the chef's daily dishes at the hotel's ARC restaurant. The garden is also home to four beehives, a pollinator hotel, and more than 250,000 honeybees.

Apiary tours, conducted by Michael King, the hotel's "bee butler," are available in summer, and the hotel has recently partnered with Hives for Humanity as part of the Pollinator Corridor Project.

Vancouver is home to several hidden rooftop gardens that offer a respite from the gritty urban core, produce food for local restaurants, encourage community-building, and promote environmental awareness.

For instance, UBC's recently completed Nest Student Union Building boasts a rooftop garden, including space to grow food, and students can join the Roots on the Roof Club to help with planting and harvesting, and learn about sustainability.

Hidden on the roof of Arthur Erickson's Vancouver Courthouse, a three-block-long garden with lush greenery and waterfall fountains creates a natural cooling system for the law courts below. As Erickson once described his philosophy, it is "architecture that is in dialogue with the world."

> We are incredibly proud of our garden and love to share our story. Kristyna Vogel, Fairmont Waterfront

The Vancouver Convention Centre has the largest living roof in Canada. Its six acres of gardens are home to over 400,000 grasses and other plants, designed to insulate the building, and it hosts several beehives. Public tours can be arranged through the Convention Centre.

The Vancouver Public Library's 28,000-sq.-ft. rooftop has been off-limits to the public since the library's construction in 1995.

At thirty metres above the street, the garden has no safety barricades and is covered in native grasses.

However, plans are apparently in the works to make it publicly accessible in the next few years.

SEA TO SKY

Excuses build as marathon closes in

Cam Tucker
Metro | Vancouver

When I was in Grade 6, I wrote a speech on the topic of excuses for a public speaking competition in elementary school.

And boy did I have a lot of good excuses for various shortcomings in life, such as not completing my homework. I think my teachers back in the day could especially appreciate that one.

Fast forward 18 years later and I've officially signed up for the BMO half-marathon in Vancouver in May. I'm in this now. I'm committed. I've bragged to people about it, albeit with a what-have-I-gotten-myself-into tone.

Since committing to this endeavour, which I do plan on going through with, I've gone on two, three runs. They haven't been doozies, either. Just a few kilometres to get the running legs beneath me and back into some sort of groove.

But I'll admit my training routine has been lacking over the last two weeks.

Even at the risk of falling into an old pattern here, I'd like to put the blame squarely on a nagging two-week-old cold that has hampered my ability to run from my apartment building to where I park my car less than 100 metres away without going into a coughing fit.

I also lay blame on a work schedule that consists of many long hours throughout the week, sifting through text messages and emails on my iPhone and burying my head in my laptop, usually scrolling through Twitter.

Excuses, excuses.

FOOD NOTES **A SATISFYING TREAT IN A GUILT-FREE WAY**

'Nice cream' still hits sweet spot

Erin Ireland
Metro | Vancouver

Yaletown is home to Canada's very first dairy-free creamery. Unlike most traditional ice cream shops, Nice Vice uses nothing but plants to craft the 12 creamy flavours in constant rotation. Due to the low-carbon footprint of such a frozen treat, this vegan specialty is commonly referred to as "nice cream."

Instead of cream, owner and nice cream master Chris White uses sweet potatoes and coconut, hemp or sunflower milk as his base. As further evidence of Nice Vice's guilt-free appeal, agave or organic cane sugar are used to sweeten.

The end result isn't identical to classic ice cream, but it's 100 per cent satisfying in its own, new way.

A collaboration with The Capilano Botanical Soda Co. includes a salute to nostalgia with the inclusion of root beer and cream soda floats to the menu, while an offering of "Kombucha on tap" is in the works.

Another fun feature at Nice Vice is their serve-yourself salt bar featuring 10 fleur de sel flavours, including raspberry, lime fresco, and chocolate. These provide the irresistible "salty" in sweet 'n salty. But White doesn't stop there. More clever ideas are brewing in his creative kitchen including house-made kale cones and nice cream sandwiches — watch for these items hitting the scene soon.

Nice Vice is open from noon to 10 p.m. every day and you can also buy their ice cream from spud.ca and, soon, Whole Foods Market.

Chris White holds up a sampling of his 100 per cent dairy-free "nice cream" at Nice Vice in Yaletown. ERIN IRELAND/METRO

Syrian refugee plan gains slight support

RESETTLEMENT

Poll finds many Canadians still remain at odds over program

Thandi Fletcher
Metro | Vancouver

Support has grown slightly for Canada's plan to resettle 25,000 Syrian refugees by March 1, but Canadians still remain at odds over the issue, results of a new poll show.

More than half of Canadians (52 per cent) support Prime Minister Justin Trudeau's plan to bring 25,000 Syrian refugees to this country by March 1, while 44 per cent oppose the plan, according to an Angus Reid Institute poll.

That's an increase of eight percentage points in support of the plan since the institute's last poll on the issue in November, conducted shortly after the terrorist attacks in Paris, which found 54 per cent of Canadians opposed and 42 per cent in support of the plan.

Shachi Kurl, executive director of the Angus Reid Institute, said the increase in support might be due to the Liberal government's decision to push back the deadline from Jan. 1 to March 1.

"Canadians are still deeply divided on this issue," Kurl told Metro. "But what we can take away from this is … really that extension of two months took a lot of the heat off and certainly enabled a lot of people to change their thinking on the plan overall."

But the growth in support for refugee resettlement hasn't alleviated fears about the speed of the process.

According to the poll, 59 per cent say the deadline is too soon, while 37 per cent say it's about right. Only four per cent say things are moving too slowly. Those most in favour of the refugee resettlement plan are among those who feel the March 1 deadline is too ambitious.

"People are still concerned about the security aspect," said Kurl, adding that fewer than one-in-three respondents (31 per cent) say they feel the screening process is adequate, while 37 per cent believe it is inadequate and 32 per cent are unsure.

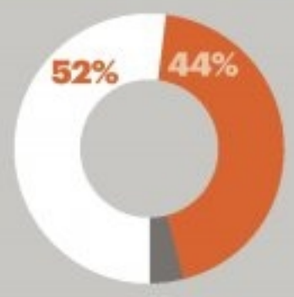
Regionally, support for the refugee plan is highest in British Columbia and Atlantic Canada, with 61 per cent in support and 60 per cent in support, respectively, and lowest in Alberta, with 41 per cent in support.

Coverage

The federal Liberals are ripping up a patchwork system of health-care coverage for newly arrived refugees and those seeking refugee status in favour of blanket coverage for all, beginning in April. Starting in 2017, they'll also extend coverage to certain refugees before they even arrive in Canada. THE CANADIAN PRESS

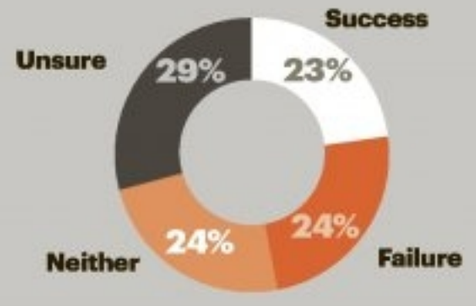
BY THE NUMBERS | Canadian refugee resettlement plan

1 Support of the government's plan



Just over half of Canadians support the government's plan, while 44% oppose it.

2 Outlook on the plan's legacy



Canadians are evenly divided on what the legacy of the resettlement program will be, with roughly the same number saying it will be viewed as a success, a failure, or neither 15 years from now (29% are unsure).

3 Regionally, Canadians remain divided about the plan, with support for it highest in British Columbia and Atlantic Canada, and lowest in Alberta.

British Columbia and Atlantic Canada | **Alberta**

4 Should we bring more refugees?

Roughly two-in-five (42%) say Canada should stop taking in Syrian refugees immediately. The rest either say the country should stop at 25,000 refugees (29%), or accept even more (29%).

ANDRES PLANA/METRO

HUMAN RIGHTS

Plight of Shoal Lake heads to world stage

Austin Grabish
For Metro

Linda Redsky is packing her bags, leaving her isolated community and preparing to share the plight of Shoal Lake 40 on the world stage.

Shoal Lake, which lies on the Ontario-Manitoba border, provides the City of Winnipeg with clean drinking water, but has been under a boil-water advisory itself for nearly two decades and is cut off from the mainland.

Redsky and possibly a second band member will join the Human Rights Watch at the United Nations in Geneva on Monday as the rights watchdog presents a report detailing its preliminary findings on Shoal Lake 40 and three other Ontario reserves.

The presentation will be made to the UN committee on economic, social and cultural rights, which is reviewing Canada's track record on human rights.

The group started investigating living conditions on Shoal Lake, Neskantaga, Batchewana, and Six Nations of the Grand River Territory last year after Shoal Lake started making headlines.

Linda Redsky at Shoal Lake First Nation in 2015. THE CANADIAN PRESS FILE

Redsky, 55, has fallen through an ice road while trying to cross into the community during the winter, and recently had to temporarily relocate off-reserve to Kenora, Ont., so her foster son could attend high school.

She said she's seen the plight of her community get worse over the years "as I've watched the people continue to go across."

"I've seen vehicles going through. The loss of life," she said.

Redsky said the boil-water advisory has also made it almost impossible to bathe on the island.

IN BRIEF

Ottawa drops Khadr appeal

The federal government has decided against pursuing an appeal of an Alberta court's decision to grant former Guantanamo Bay inmate Omar Khadr bail. The decision came in a joint statement Thursday from Public Safety Minister Ralph Goodale and Justice Minister Jody Wilson-Raybould, which said the government of Canada respects the court's decision to release Mr. Khadr on bail in Canada "pending his U.S. appeal of his U.S. convictions and sentence." THE CANADIAN PRESS

Bad news for economy

The OECD has cut its projections for Canadian, U.S. and global economic growth over the next two years and urged governments to respond to help strengthen demand.

"The world economy is likely to expand no faster in 2016 than in 2015, its slowest pace in five years," the Paris-based economics think-tank said. "Trade and investment are weak. Sluggish demand is leading to low inflation and inadequate wage and employment growth." THE CANADIAN PRESS

VISUAL IMPAIRMENT

Blind photographer exhibit aims to break down stereotypes

John Olson, co-founder of 3DPhotoworks, shows off his new 3D-printing technology heralded as a breakthrough for people with vision loss. JOHN WOODS/THE CANADIAN PRESS

When amateur photographer Tara Miller lost most of her vision in high school, she did what most people would expect — she put her camera away.

It wasn't until years later that Miller picked up a camera again and discovered a much richer experience. She used her keen hearing, the feeling of the lens focusing on a subject and even her sense of smell to frame an image.

"When I'm composing an image, I'm not really using my eyesight," said Miller, now a professional commercial photographer in Winnipeg.

"There's no difference with us being visually impaired or legally blind photographers. If we're comfortable in what we're shooting, we're going to get that same result as someone who's fully sighted."

Blind photographers like Miller are hoping a new exhibit at Winnipeg's Canadian Museum for Human Rights, opening to the public this weekend, will help showcase talent and break down stereotypes surrounding the visually impaired.

The exhibit entitled "Sight Unseen: International Photography by Blind Artists" features over 100 works but also uses 3D technology to allow those with vision loss to feel some select photos with their fingertips while touch sensors in the prints set off descriptive audio.

One photographer's work is embedded with braille while another is accompanied by a topographical print-out of the photo, which can be touched by visitors.

"It does a great job of expanding the perception, the expectations and pre-conceived biases that people would have," said Corey Timpson, the museum's vice-president of exhibitions, research and design. THE CANADIAN PRESS

> "The more people can be exposed to this, the more there's just a general awareness."
> Corey Timpson

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Obama will talk civil rights in Cuba

DIPLOMACY

Meeting with advocates a condition of historic visit

President Barack Obama said Thursday he'll raise human rights issues and other U.S. concerns with Cuban President Raul Castro during a history-making visit to the communist island nation.

The brief visit in mid-March will mark a watershed moment in relations between the U.S. and Cuba, making Obama the first sitting U.S. president to set foot on the island in nearly seven decades. While in the country, Obama plans to meet with groups advocating for change in Cuba, a condition the president had laid out publicly for such a trip.

"We still have differences with the Cuban government that I will raise directly," Obama wrote on Twitter in announcing the visit. "America will always stand for human rights around the world."

Cuban Foreign Trade Minister Rodrigo Malmierca, on a visit to Washington, told The Associated Press that Obama's visit is good news for Cuba.

"The president will be welcomed," he said in Spanish.

The U.S. was estranged from the communist nation estranged for over half a century until Obama and Cuban President Raul Castro moved toward rapprochement more than a year ago.

Since then, the nations have reopened embassies in Washington and Havana and have moved to restore commercial air travel, with a presidential visit seen as a key next step toward bridging the divide.

Ben Rhodes, Obama's deputy national security adviser, said the president will carry the message that the U.S. and Cuba need not be defined by their "complicated and difficult history."

THE ASSOCIATED PRESS

We still have differences with the Cuban government ... America will always stand for human rights around the world.
President Obama

1 **Kainaat Soomro** sits in her home. She was 13 years old when three men kidnapped her, held her for several days and raped her.
2 **Sidra Kamwal** was the victim of a horrific acid attack.
3 **When Azra was 18**, her family sold her to an older man — now she fights for a divorce.
ALL PHOTOS: SHAKIL ADIL/ THE ASSOCIATED PRESS

MIDDLE EAST

Pakistani women seek justice

Kainat Soomro was 13 years old and on her way to buy a toy for her newborn niece when three men kidnapped her, held her for several days and repeatedly raped her.

Eight years later, she is still battling for justice. She sits on a steel-framed bed in her parents' three-bedroom home, and holds her blue shawl tight around her body. When she describes the horror of her captivity, her voice is barely a whisper, but it gains strength when she talks of the fight she has been waging: going to Pakistan's courts, holding protests, rejecting the rulings of the traditional Jirga council, taking on the powerful landlord and politician who she says are protecting her attackers.

The Associated Press does not usually identify victims of sexual abuse, but Kainat has gone public with her case. Her battle for justice has inspired an award-winning 2014 movie, Outlawed in Pakistan. Malala Yousefzai, the Pakistani teenage Nobel Peace Prize winner who was shot by the Taliban, invited Kainat to the Nobel award ceremony, and her fund has given Kainat financial help.

Yet Kainat's family has paid a high price for her bravery. One sister remains unmarried and another was divorced because her in-laws were ashamed to be associated with Kainat. In 2010, her brother was killed over his sister's refusal to stay silent.

Clutching a gold-framed picture of his son, Ghulam Nabi Soomro spat out words of condemnation. "They know about our troubles thousands of miles away but here in the next street no one is helping us get justice," he said.

In Pakistan, women are often too fearful to report sexual violence, yet the independent Human Rights Commission of Pakistan recorded 423 rapes and 304 gang rapes last year. It also said that last year at least one woman a day was killed in the name of honour. THE ASSOCIATED PRESS

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ECOLOGY

Rural Australia still facing 'hairy panic'

Irene Kuan
For Metro

There's a "hairy panic" in the rural city of Wangaratta, northeast of Victoria, Australia.

This term may have caught your attention, but what this "hairy panic" is referring to are fast-growing, out-of-control tumbleweeds that are overtaking properties, covering furniture and blocking entrance ways to homes and garages.

Although residents say the tumbleweeds are a common nuisance, the unusually dry conditions have made them unbearable this year. Wangaratta resident Matt Thewlis posted photos of the bizarre situation to the Rural City of Wangaratta's Facebook page asking for help, citing the weeds as "a massive fire hazard."

Residents told Australia's 7 News they spend hours everyday digging their way out of the colossal tumbleweeds all to have the pesky grass pile back up in the morning.

Tumbleweeds outside a home. FACEBOOK.COM

WILDLIFE

Crowd poses with beached baby dolphin until it dies

Wildlife groups are furious after a crowd on an Argentine beach passed around a young dolphin for selfies until it died from dehydration.

The baby La Plata dolphin – considered a vulnerable species – was found on Santa Teresita beach, where it was fondled and photographed instead of being put back into the water. ANDREW FIFIELD/METRO

Tourists with the dolphin. FACEBOOK.COM

Virus causes modest drag

ECONOMY

Zika threat hurting trade, tourism in Latin America

The spread of Zika will have a modest drag on economies in Latin America, with tourism-dependent Caribbean nations most at risk, the World Bank said Thursday. It made $150 million immediately available to help fight the virus.

The World Health Organization has declared a global health emergency in response to the Zika outbreak and the U.S. is urging pregnant women to avoid travel to the 26 nations and territories in the Americas where Zika is present because researchers have identified possible links between the virus and rare birth defects.

But despite the scare, the World Bank says the impact from the epidemic is likely to be small.

In a report, it estimates lost revenue will total only $3.6 billion, or about 0.6 per cent of the region's gross domestic product. That would come from reduced travel to the region and sick employees missing work, while anti-mosquito efforts will strain already tight national budgets.

The forecast assumes the regional and international response to the virus is swift and well co-ordinated.

"Our analysis underscores the importance of urgent action to halt the spread of the Zika virus and to protect the health and well-being of people in the affected countries," Jim Yong Kim, president of the Washington-based World Bank, said in a statement.

While a number of countries have reported a rash of business conference and wedding cancellations, hotels were booked full and the mood as festive as ever during this month's Carnival celebration in Brazil, the epicentre of the epidemic. In Rio de Janeiro, average hotel occupancy was 86 per cent during the festivities, an increase of almost three percentage points over the previous year, according to the Brazilian Hoteliers' Association. THE ASSOCIATED PRESS

Mara Torres, eight months pregnant, looks at a mosquito net placed over her bed Wednesday in Cali, Colombia. The spread of Zika will modestly affect Latin American economies, with tourism-dependent Caribbean nations most at risk, the World Bank says. LUIS ROBAYO/AFP/GETTY IMAGES

DIGITAL PRIVACY

Apple, U.S. clash over encryption

Battling in intense public broadsides, Apple Inc. and the government are making their cases before anyone steps into a courtroom over a judge's order forcing Apple to help the FBI hack into an iPhone in a terrorism case.

Apple has until next Tuesday to protest in court the decision by U.S. Magistrate Judge Sheri Pym in California.

Is Apple adequately co-operating with federal agents investigating the deadly terrorist attack in San Bernardino, Calif.? It depends on who you ask. The White House is stressing it wants help to unlock only the work-issued iPhone used by Syed Farook, who along with his wife killed 14 people in December.

The FBI is "asking for something that would have an impact on this one device," said spokesman Josh Earnest.

But Apple says bypassing the phone's encryption would threaten customer privacy: "While the government may argue that its use would be limited to this case, there is no way to guarantee such control," said Apple CEO Tim Cook. THE ASSOCIATED PRESS

STOCK OPTIONS

Shopify calls on feds to abandon tax plan

The CEO of one of Canada's up-and-coming tech companies is calling on the federal government to abandon its plan to expand taxation of stock options, saying the move will make it more difficult for startup firms to attract talent.

Tobi Lutke said the Liberal proposal would have made it more difficult to launch his Ottawa-based company, Shopify.

"It would have been harder to build Shopify with the taxation being the way that it's proposed," he said in an interview.

During last year's federal election campaign, the Liberals promised to cap how much can be claimed through stock option deductions. The party said employees with up to $100,000 in annual gains would be unaffected, a move it said would protect startups.

Finance Minister Bill Morneau said he will soon release details about the commitment. The government is expected to release its first budget mid-March.

While Shopify continues to grow its revenues, Lutke said it will focus on taking advantage of opportunities to grow before posting profits late next year.

"We think Canada needs a tech company of the size that America produces and that's what we are aiming for," he said.

Shopify provides services to more than 243,000 small- and medium-sized customers in 150 countries. It has more than 1,000 employees working at offices in Montreal, Toronto, Ottawa and Waterloo, Ont. THE CANADIAN PRESS

Tobi Lutke, CEO of Shopify. PAUL CHIASSON/THE CANADIAN PRESS

IN BRIEF

Canadian Tire's next move likely e-commerce: CEO

The next acquisition for Canadian Tire Corp. will likely be in e-commerce, says the head of the national retailer.

"We set a path for ourselves to be a leader in e-commerce in Canada and that's where we're heading," president and CEO Michael Medline said during a conference call Thursday. THE CANADIAN PRESS

Cosmetics company buys Lise Watier Cosmetiques

Groupe Marcelle Inc., a developer, manufacturer and distributor of cosmetics, has acquired Lise Watier Cosmetiques in a deal that includes an $18-million investment by Quebec's pension fund manager. THE CANADIAN PRESS

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Metro POLL

A smoking hot issue

Visit metronews.ca **to have your say.**

New research shows indoor smoking bans like the one introduced in Ireland in 2004 do help reduce illnesses caused by second-hand smoke, which kill 600,000 people per year worldwide. Gone are days of smoking sections and billboards advertising "smooth" cigarettes, but 18 per cent of Canadians still take a puff at least occasionally, and there's controversy as to where they should be allowed to do it — indoors, outdoors, in public, in cars or not at all. We asked readers if the right to clean air should take priority, or if the "smoke free" movement has gone so far that it threatens individual freedom.

1 Should smoking be banned in indoor public spaces?

2 What's your experience with second-hand smoke?

3 Where should smoking be banned?

30% Indoor public places
25% In cars if children are present
17% In private homes if children are present
14% Outdoor public places
8% Literally everywhere. And let's ban tobacco too
6% Other

Let's have places (and rules) where it is specifically allowed. Adults-only places.

It should be allowed everywhere except where there's a fire hazard.

If you live in a city, second-hand smoke doesn't hold a candle to all of the smog.

Ban smoking in apartment buildings where smoke can get into other units.

WE ASKED Metro readers

Why show mosquitoes mercy?

Genna Buck
Metro | Toronto

The Zika virus should be called the sneaky virus.

In near-silence it ambushed the better part of a continent, infecting more than a million people in less than two years, mostly in Brazil. The majority got mild symptoms or no symptoms at all. And then the babies started being born.

There's very strong, but not yet conclusive, evidence that Zika exposure in utero can cause microcephaly — infants with abnormally small heads and brains. It's devastating, and it often isn't diagnosed until birth. Thousands of babies are believed to be affected, though the uptick may be partly because of more diagnoses and possibly other causes, including other viruses.

Pope Francis has indicated he may be OK with contraception for women at risk of Zika. In ultra-Catholic Latin America. That's how high the level of fear and anguish is.

And it's all mosquitoes' fault. *Aedes aegypti*'s fault, specifically. That's the invasive African species that transmits Zika, dengue and yellow fever.

Not even humans can hold a candle to the jerk-itude of mosquitoes. No other species has come close to causing as much human suffering and death — skeeters sicken hundreds of millions and kill 725,000 people every year.

So why let them live? Why not global annihilation? A high ecological price might be warranted in exchange for a world with no Zika or other mosquito-borne diseases.

Someone brings this up seemingly every time there's a major mosquito-borne outbreak. This time it was Daniel Engber of Slate, who called for "full-scale mosquito-cide."

Eradication, whether of a virus, an insect or anything else, is a seductive public-health concept: It's simple, it's focused and it lends itself to goal-setting and international co-operation. And when it works, it saves not just the lives of people today, but billions of future people.

I *want* mosquito eradication to make sense, at least for *aegypti*, which isn't even native to the Americas. But there's no scientific consensus that it a) could be done, or that b) the environmental collateral damage would be worth it.

Problem A: Feasibility. You may have heard about a new high-tech, lethal anti-mosquito weapon: genetically modified male mosquitoes that mate with wild females and produce mosquito babies that can't survive. The UN supports this.

Though the technology is experimental, it's been shown to work: *Aegypti* has plummeted where such frankenflies have been introduced. But large-scale use would "take mind-boggling resources and billions of dollars," University of Winnipeg biologist Robert Anderson told me.

The frankenfly strategy would also have to be "militaristic," Anderson said. Homebody *aegypti* likes to cosy up to humans. It would rather roost indoors in a half-full water glass than a swamp. Modified mosquitoes would have to be released — continually released, remember, because they kill themselves off — in and around homes. Logistical nightmare. Likely unpopular.

Problem B: Environmental impact. What would we miss in a biosphere without mosquitoes? Such science is speculative but the answer might be, "Eh, not that much."

Mosquitos go through drastic population fluctuations, so they're not usually an essential link in their local food webs. I asked Brock University ecologist Fiona Hunter about this, and she said *aegypti* can be erased from the Americas but other mosquitoes are still essential for biodiversity.

So where does that leave us in the Zika battle? Classic mosquito control: eliminating standing water and providing pesticides, repellent, bed nets, window screens and public education. It works OK. It's a pain, and it's expensive, and it means playing nice with our mortal enemy. But it seems the best weapon we have.

Genna Buck is a science writer and a section editor at Metro. Follow her on Twitter @genna_buck.

ROSEMARY WESTWOOD

metroview

It was a relief to leave the gilded never-neverland of Saks

A trip to Saks Fifth Avenue, which unveiled its inaugural Canadian store in Toronto yesterday, begins long before you get there.

It begins standing naked in front of your thrift-store closet, fretting over an outfit. It's like dressing for a date with a wealthy man you may not like but are desperate to impress.

I opt for all black, a cocoon dress over slim slacks, hoping the $2 scarf around my neck has whiffs of 1970s Gucci, but I know I won't have the nerve to take my coat off under the bright lights of the three-floored jewel box. When I eventually glance at my reflection in one of the store's many mirrors and find eyeliner smudged down to my cheeks, it's proof to all those women flinging perfumed paper and macaroons at me that I'm an imposter. Then, a sleek-suited salesman for a French skincare line uses my mirror and checks his teeth.

I am not the only interloper: Tourists with backpacks, an aging biker-gang-styled guy and an elderly couple pulling a wheeled shopping bag wander past small, $150 bottles of perfume from a rare made-in-Japan brand, Celine's $2,500 horseshoe-shaped leather handbags, diamond rings and Prada sunglasses and bouquets of blush-coloured peonies.

Some — amazingly — are here to shop: buying purses that appear from backrooms in red velvet bags; opting, from among more than 1,000 styles of shoes, for the pink, red, and gold-studded Valentino stilettos for $1,500.

At the Carolina Herrera and Oscar de la Renta boutique, I pause to finger an otherwise out-of-reach voluminous evening skirt: $3,790.

Those with money to spend exclaim, "Absolutely gorgeous!" Important-looking people talk with TV-news crews, while an orchestral rendition of Somewhere Over the Rainbow, of all songs, floats between racks.

For me it's aspirational, but luxury shopping is a growing reality for some. Saks has plans for dozens more stores across the country and Nordstrom is also expanding north of the border, all while luxury-brand flagship stores pop up.

I typically steer clear of such spaces, not just because I can't afford what's inside, but to avoid feeling even schlubbier than I already do. So it was a relief to leave the gilded never-neverland, and step out into the sharp winter cold.

The Saks Fifth Avenue awnings dripped melted snow onto sidewalk crowds. People slipped into the subway or begged for change. I left without those $775 Manolo Blahnik floral pumps, but I did stop by The Bay's repair shop to get my watch fixed, for $22.60.

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metro WEEKEND
Your essential daily news
MOVIES GOSSIP TELEVISION

From scripture to the big screen

GENRE

There is a right way to make a good Christian film

Richard Crouse
For Metro Canada

In 2006 Entertainment Weekly rated The Passion of the Christ — Mel Gibson's gritty and gory account of Jesus Christ's final 12 hours leading up to his crucifixion in Jerusalem — the most controversial movie of all time.

Its detractors noted historical and biblical inaccuracies and accused the film of being anti-Semitic and excessively violent. Despite the cries of critics, the film became the top-grossing Christian movie ever.

In fact, it was something of a miracle at the box office, earning $611,899,420 worldwide in its original release.

Since then there has been a trickle of films aimed at a Christian audience, some successful, some not, some controversial, some not.

Passion had a great marketing strategy coupled with enough controversy to get people interested to see what all the fuss was about.

This weekend Risen looks to the bible for inspiration. Playing like an unofficial sequel to Gibson's film, it tells the tale of the Resurrection from the perspective of Clavius (Joseph Fiennes), a Roman Centurion commanded by Pontius Pilot to quell reports of a risen Messiah and thwart an insurrection in Jerusalem.

The film, directed by Waterworld helmer Kevin Reynolds, appears to have skirted around controversy by telling the story from the point of view of a fictional and non-believing character. The studio is quick to note, however, that the script is a "faithful scriptural treatment of the story."

The secret to success for a Christian-themed movie lies with the filmmaker's ability to translate the scripture to the screen.

"Christians like a well told story," War Room director Alex Kendrick, who, with his brother Stephen have been labelled the "Steven Spielbergs of Christian cinema." Their movie toppled Straight Outta Compton for the number one spot at the box office last year.

"What we don't like is when our saviour's name is abused or taken in vain or our morals trashed, so that keeps us away from many movies."

Recently Noah, starring Russell Crowe as the arc-building prophet, angered some Christian groups for not being reverent enough. Director Darren Aronofsky called it the, "least biblical biblical film ever made," and a studio press release admitted, "artistic license has been taken."

Risen, opening this weekend, tells the tale of a Roman Centurion tasked with quelling reports of a risen Messiah. CONTRIBUTED

The Christian community has met other films with open arms. Catherine Hardwicke's The Nativity Story drew on the gospel of Matthew for the story of the Immaculate Conception and while it wasn't the box office bonanza that made Passion headline news, it made money and skirted around controversy.

In 2004 Christian films were popular enough to garner a category at the irreverent Mexican MTV Movie Awards. Up for Most Divine Miracle in a Movie was the water into wine sequence from The Last Temptation of Christ; Passion's Christ healing Peter's injured ear scene; and the part in Bruce Almighty where Bruce causes his girlfriend's chest to grow several sizes. Mexican audiences voted and Bruce Almighty's miracle took the prize.

MOVIE RATINGS by Richard Crouse

Race	★★★
Risen	★★
The Witch	★★★★
Touched With Fire	★★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

Black magic and 17th century feminism

HORROR

Robert Eggers cast a spell on critics with The Witch

Steve Gow
For Metro Canada

Filmmaker Robert Eggers is winning awards and getting a lot of attention for crafting what's quite possibly Hollywood's very first feminist horror film featuring 17th Century New England pilgrims.

"I think it's just something about the zeitgeist and I'm lucky that witches are in the air," explained Eggers during an interview about The Witch and its accumulating acclaim.

"Two years ago, people might've just gone 'it's just some weird pilgrim horror movie, (screw) that.'"

Of course, The Witch isn't just a "weird pilgrim movie." In fact, the thought-provoking drama about one puritan family's brush with black magic is a visually-striking authentication of the witch archetype and it's manifestation of "men's fears, desires, ambivalence, fantasies about women and female power" in the 17th Century.

But the film also "strangely (represented) women's fears, desires, ambivalences about motherhood in this extremely male-dominated society," added Eggers. "And the shadows of that still exist today."

A far cry from the popularized green-skinned caricature in a pointy hat from Broadway musical Wicked or even the Hollywood classic The Wizard of Oz, Eggers' witch dares to demonstrate that even though his film is set nearly 400 years ago in the forests of New England, it's still an important parallel to society's modern perceptions of women.

"I wasn't trying to go at this with any sort of social, political, religious angle or agenda but when you read the primary source material, feminism is just bursting out all over the place," said Eggers. "I mean, as a collective cultural conscience, actually claiming female power in a positive way is something we're still struggling with."

Underlining the drama with such subtext may have been the more manageable task for the Sundance Film Festival winner for Best Directing. In fact, attempting to capture the 17th Century on celluloid seemed to be the more considerable challenge.

"Puritans were not into art so there's not a great painting tradition from the period," explained Eggers of the largely uncharted look and feel of the era. "But we feel confident, even if this isn't the most accurate version, certainly this is our best — given the most up-to-date research. I mean, we screened for colonial historians and they gave it a thumbs up."

SUPERSTITION

The Real World Witch

"In the 17th Century, the real world and fairytale world were the exact same thing," said Eggers. "If you called someone a witch, you really believed this person was capable of doing all the horrific, primal things that the witch in my film does."

Anya Taylor-Joy stars in the pilgrim horror movie The Witch, in theatres today. CONTRIBUTED

When you read the primary source material, feminism is just bursting out all over the place.
Director Robert Eggers

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Leaping into the myth of a sports legend

Toronto-born Stephan James plays the legendary 1936 African American Olympic track-and-field gold medallist Jesse Owens in Race. CONTRIBUTED

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BIOPIC

Canadian plays iconic Olympic athlete Jesse Owens in Race

Richard Crouse
For Metro Canada

In the film Race, Toronto-born actor Stephan James plays the greatest and most famous athlete in track and field history. But, when he was approached about the part, James wasn't sure exactly who Jesse Owens was.

"When I got that call that they're making a Jesse Owens biopic I scratched my head a little," the 22-year-old says. "He won those gold medals, right? How many did he win again? I didn't know how many he won or where he won them or under what circumstances or when this all took place."

He quickly learned about Owens's early career, the Ohio State races that made him a legend and how an African American runner stared down Hitler by winning four gold medals at the 1936 Berlin Olympics.

"After reading the script and researching his life to find out the backstory I was literally blown away. Blown away that this had taken place almost 80 years ago."

The film documents 28 turbulent months in Owens's life, from just before he enrolled in university to the Olympics where, ESPN would later say, the runner "single-handedly crush[ed] Hitler's myth of Aryan supremacy."

Jason Sudeikis, who plays Owens's college trainer Larry Snyder, says he wanted to make the movie because "it didn't lean on any one thing. It was bigger than just a sports film. It wasn't pontificating, we didn't treat Jesse with kid gloves and only as an icon. We can't have all our heroes with giant hammers and capes. While that is good at the box office and for people with stock options I don't know how good it is for little boys and girls who think that is the only way they can become a hero. We got to show the humanity behind him, we see him warts and all. You see his petulance, you get to see his indecision, you see him make horrible missteps as a husband and father, and yet all through that adversity he has the humility and integrity to correct those mistakes. That is just as heroic as whipping Hitler's buns for four gold medals."

We got to show the humanity behind [Jesse Owens], we see him warts and all.
Jason Sudeikis, who plays Owen's trainer

James, who was recently seen as civil rights leader John Lewis in the critically acclaimed Selma, felt the weight of playing a legend on screen.

"It is one thing to be leading your own film," he says. "To be number one on that call sheet, to know you have the biggest workload, to know that there are millions of dollars and ideas on your head. It's another thing to play Jesse Owens, the icon, the man, the myth, the legend. A guy who is not only a pivotal person in American history but world history, so I knew I had my work cut for me. The pressure was there. Obviously he's not alive but his family is and have been very much involved since the beginning. There is a certain responsibility to play a real character, of course, but the great Jesse Owens is a whole other thing."

After starring as Owens in Race, James has his sights set on playing another kind of hero. "I want to play Spider-Man," he says. "I think that would be dope. I've always wanted to play a superhero but Spider-Man is so cool, so unassuming. I think I can relate a little."

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THE TV DINNER JESSICA ALLEN

Caesar salad is a lot like Girls. It's easy to mock, it's misunderstood, and sometimes it's controversial.

The Caesar salad is many different things to many different people. Dressed up with lardons and a poached quail egg, it's a playful gourmet dish. With strips of watery white chicken breast, it's a "healthy" pub option. And at home, with rubberized bacon bits, a jar of Rene's and packaged croutons, it's mediocre. Unless, that is, you Google "easiest Caesar salad dressing" out of necessity because your Rene's expired five months ago, and happen to have real bacon and homemade croutons on hand and you make the best Caesar salad you've ever had, like I did on Monday night.

"I think Caesar salad is considered gauche in some circles," I said to Simon as I mashed up garlic and anchovy, right before we settled in with our dinner and a sneak peek of HBO's fifth season of Girls. "Maybe because of its overexposure, like beet and goat cheese salad. It's also misunderstood because it's not even Italian."

"So you've told me," he said, "a hundred times."

"And it's controversial: were there anchovies in the original dressing? Probably not."

Simon sighed.

"Oh my God, you know what?" I said, as lemon juice stung a hangnail. "Caesar salad is a lot like Girls. It's easy to mock, it's misunderstood, and sometimes it's controversial."

"And having an opinion about Girls is as irrelevant as having an opinion about Caesar salad," Simon said. "because everyone has got one."

Including me. I was a piece of solipsistic sh— in my early 20s, who nearly dropped out of grad school because what was the point? By day I sat on my deck reading Goethe and making collages in my journal using old National Geographics. By night I waited tables.

When Lena Dunham was 23, she wrote, directed and starred in a feature film, Tiny Furniture, that the New York Times compared to a John Cheever novel. She turned that twentysomething self-serving melancholy into art and two years later, in 2012, continued to mine it for Girls, the award-winning HBO comedy drama that Dunham created and stars in as Hannah Horvath. For some reason, her work makes

me want to take stock of who I am and where I'm going, with a force that few of her contemporaries can muster.

This latest season, which premieres Sunday night, begins with Marnie's country wedding. Does this matrimonial moment suggest that at least one of the four millennial cohorts has grown up? "We're thinking Laurel Canyon," Marnie explains to her make-up and hair stylist. "Let's do like a Ralph Lauren and Joni Mitchell: artistic but also with a nod to my cultural heritage, which is white, Christian woman."

Maybe not.

But that's part of the show's appeal: everyone is aimless, undecided and not yet self-conscious about referencing, say, John Cassavetes as a creative influence.

The first four episodes showcase Dunham's talent for finding humour in both the sacred and profane, and exposes her body — to educate (bodies can be diverse, even on TV) and to use as a punchline, like Buster Keaton did. And the show continues to be a complicated mix of viscerally shocking laughs and subversive inversions of tired familiar tropes. Meanwhile, Ray, played perfectly by Alex Karpovsky, continues to function as the show's Greek chorus, articulating what the audience is thinking."While she's painfully narcissistic, shockingly tone-deaf, and just generally one of the most insufferable people you'll ever meet," he says about Hannah, "she means something to me."

Me too.

Jessica Allen is the digital correspondent on CTV's The Social.

TV BRIEF

Brad Pitt. GETTY IMAGES

Brad Pitt may get his moment in the Sons of Anarchy prequel

Brad Pitt might take on a leading role in a Sons of Anarchy prequel, reports NME.

The creator of Sons of Anarchy, Kurt Sutter, has confirmed that he wants to make a prequel of the show about a California motorcycle club that ended in 2014. Sutter said that the prequel would start in the Vietnam War and would be a 10-12 episode series.

Sons of Anarchy star Charlie Hunnam played the character Jackson 'Jax' Teller in the original series. If the series takes off, Hunnam hinted in an interview with Men's Journal that Brad Pitt could be chosen to play his father. AFP

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metro TRAVEL
Your essential daily news

Trump to open swank D.C. hotel ahead of U.S. election

A princess in training

Sick of running through the sleet and snow? Then go to Disney. The company's resorts offer a number of marathons throughout the year to make running even more fun. Writer Jennifer White shares her last-minute prep for this weekend's Princess Run in Florida.

Jennifer White
For Torstar News Service

Anything worth doing is worth doing poorly, in a rush, while complaining. As an Olympic-level procrastinator, this strategy has steered me through the most stressful of life experiences (ask me about my master's thesis one day).

But when I found myself a mere four weeks before the Feb. 21 half-marathon at Disney World with no significant training in months, I wanted to run. Away.

My knee injury (and IT band tightness and hip inflexibility and everything my Mamma gave me) had not just crimped my running-plan style, it had shrunk my training window to insignificance.

But after being poked, prodded, stretched, strengthened and, finally, braced, I was literally back on the road. I had no idea how to get where I wanted to be (again, uncannily like that thesis) and was desperate to find some way, any way, of making it to the finish line. Because what lay ahead could be a veritable Turducken of embarrassment; a lack of training wrapped in injury-plagued luck, nauseatingly stuffed inside a high-stakes social experiment that (apparently) people are reading about in a national newspaper.

I felt awesome. And by awesome I mean sick. That's when I called a Hail Mary. I scoured the Internet for tips from people who were underprepared to run such a distance, trying to find the best ways to do no harm to myself, finish in the upright position and still have enough gas in the tank for a few jars of celebratory ale at the finish line. After collating all of the best plans from the brightest running minds around, I whipped and frappéed them into the single-best Hail Mary running plan in the entire universe, the core principles of which boiled down to one guiding rule: Do Your Best.

My focus turned first to endurance. If I was going to have the fortitude to walk 21 kilometres, let alone run it, I needed to get my heart a-pumping again. Mondays were 30 minutes of medium-intensity intervals, combined with short bursts of powerful sprints in order to prepare best for the outlay of power necessary during the race. Wednesdays featured an "at-half-marathon-pace" run for 30 minutes. And the weekend heralded a slower-than-molasses long run where I would delicately plod my way through an increasingly mind-numbing distance until I either hit the magic 16-kilometre mark a week before the race, or crumpled into the fetal position.

But wait, there's more! Tuesdays, Thursdays and Fridays held a variety of Herculean tasks. This chocolate box of unlimited delights included cross-training, cycling, swimming and my personal (absolutely opposite of) favourite, yoga. On one particularly painful run, I wondered if this was all worth it. But while in the middle of a sprint, I took a moment and looked down at myself. I saw a strong, powerful woman. I saw that she was running her guts out in the middle of an Ontario winter. And I saw that she was dressed head-to-toe in her ridiculously elaborate Disney half-marathon costume, just to make sure it didn't chafe on the big day. If I can do what I've done while dressed as Ursula, the villainous sea-witch in The Little Mermaid, I can flipping do anything.

24K
The number of participants in the 2015 Disney Princess Half Marathon, making it one of the largest female-focused events in the U.S.

91.5%
Percentage of female participants in the Princess marathon

28
Number of countries runners come from

COURTESY TODD ANDERSON

MARATHONS TO RUN FOR

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April 14-April 17, Walt Disney World Resort, Florida

Tinker Bell Half Marathon Weekend
May 5-May 8, Disneyland Resort, California

Disneyland Half Marathon Weekend
Sept. 1-Sept. 4

Disney Wine & Dine Half Marathon Weekend
Nov. 4-Nov. 5, Walt Disney World Resort, Florida

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4 ASIAN FESTIVALS THAT SHOULDN'T BE MISSED

A continent renowned for its beguiling array of cultures, Asia hosts a myriad of festivals. Each marked by their own traditions and activities, these annual celebrations make for wonderful tourist experiences. Whether water fighting in Thailand or sending lanterns afloat in Myanmar, you can take part in these festivals in 2016. **TORSTAR NEWS SERVICE**

1 Poya festival (Sri Lanka)

While many major festivals in Asia are annual, the Poya festivals in Sri Lanka coincide with **each full moon**, meaning they number at least a dozen per year. These Buddhist festivals are public holidays and derive from the belief that Buddha wanted his followers to carry out significant spiritual activities on the day of every full moon. Many worshippers don white clothing and visit Buddhist temples or shrines to join ceremonies and make offerings. There also are street parades involving music and children dressed in traditional costumes.

2 Songkran (Thailand)

Few festivals in Asia encourage the participation of tourists as readily as Thailand's nationwide Songkran water festival, which marks the Thai New Year on **April 13**. For three days each April, Thai cities, towns and villages switch into party mode as their streets swell with local and foreign revellers dousing each other with water.

3 Bonalu (Hyderabad, India)

Smeared in body paint, men writhe and groan in an apparent state of trance. Next to them, a line of women wearing saris sway while balancing ornate pots upon their heads. This group forms a procession along the stone paths which lead through ancient Golkonda Fort. It is a fascinating manner in which Hindus give thanks to the Goddess Mahakali **every July.**

4 Loi Krathong (Southeast Asia)

The serene experience of lighting a lantern and setting it floating down a river, across a lake, into the ocean or up into the sky is the key activity of this Buddhist festival that takes place on **Nov. 15.** The act of sending these lanterns on their way symbolizes the disposal of one's bad luck for the previous year. It is celebrated in Thailand, Myanmar, Malaysia, China and Vietnam.

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TRAVEL NOTES CHAPLIN, CROATIA AND IMAX

Long-awaited Charlie Chaplin museum to open in April

A museum showcasing the life and works of Charlie Chaplin will open at his former Swiss home in the village of Corsier-sur-Vevey in April after more than 15 years of planning, organizers say. Chaplin spent the last 25 years of his life in Switzerland after he was barred from the U.S. in the 1950s over suspicions that he had communist sympathies, at the height of the McCarthy-era. AFP

Charlie Chaplin's last residence, the Manoir de Ban. AFP

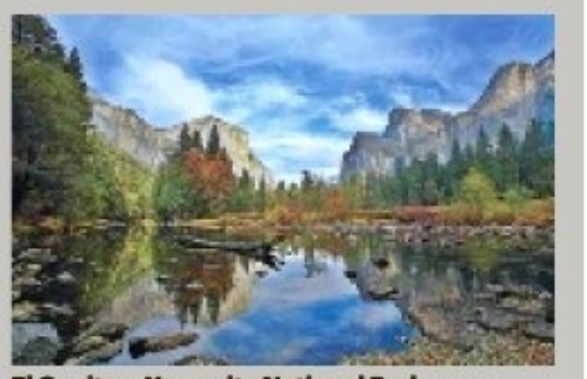
Zadar, Croatia beats Paris, Rome in vote for best European destinations

The results of a public vote have crowned the city of Zadar on Croatia's Dalmatian coast Europe's best destination for 2016, a place Alfred Hitchcock called the home of the most beautiful sunset in the world. The waterfront town beat bigger, more cosmopolitan destinations like Paris, Rome and Madrid to take the top spot, according to europeanbestdestinations.com. AFP

Zadar, on the Dalmatian coast. ISTOCK

New 3D IMAX film shows off American national parks

Robert Redford narrates a new IMAX film that shows off America's natural beauty to commemorate the U.S. National Park Service's centennial. In addition to serving up a visual feast, National Parks Adventure traces the history of the National Park Service. In 1903, naturalist John Muir took Theodore Roosevelt on a camping trip through Yosemite Valley to try to persuade him of the importance of preserving the country's natural resources from industrial pillaging and plundering. AFP



El Capitan, Yosemite National Park. ISTOCK

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David Price made his first big-money throws of spring training as Red Sox pitchers and catchers reported to Fort Myers, Fla.

Shinkaruk and Gaunce on a roll for Comets

CANUCKS

Utica coach preaches improvement in D-zone

Cam Tucker
Metro | Vancouver

As the Vancouver Canucks plod along toward the trade deadline with calls from the fan base for a rebuild, prospects Brendan Gaunce and Hunter Shinkaruk are enjoying another productive stretch of hockey in the minors.

The Utica Comets are also on a roll, with wins in seven of their last eight games and 15 of a possible 16 points.

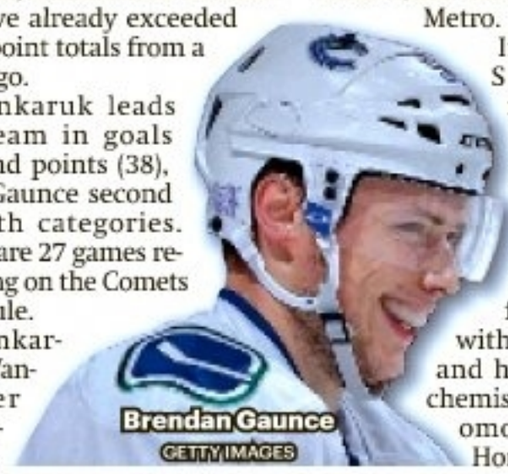
Both in their second seasons in Utica, Gaunce and Shinkaruk have already exceeded their point totals from a year ago.

Shinkaruk leads the team in goals (21) and points (38), with Gaunce second in both categories. There are 27 games remaining on the Comets schedule.

Shinkaruk, a Vancouver first-round pick in 2013, has goals in five of the past seven games and points in six of those games. Gaunce has eight points in his last five games, including four goals.

Their performances of late in Utica coincide with difficult times in Vancouver, as losses pile up, the playoffs slide further out of reach and conversations for an accelerated youth movement by dealing veteran players on expiring contracts at the trade deadline have become perpetual fodder.

"I think like most offensive guys, you have to continue to harp on them and make sure they're doing the right things. Hunter's definitely improved in that area but there are still times I have to harp on him and get him to make sure he stops and starts and doesn't cheat in the defensive zone," Comets head coach Travis Green told Metro.



Brendan Gaunce
GETTY IMAGES

In discussing Shinkaruk's improvement in his own end, Green references Sven Baertschi, who is in his first full season with the Canucks and has developed chemistry with sophomore centre Bo Horvat.

Hunter Shinkaruk's strong play this season earned him an AHL all-star appearance earlier this month. MARK DIORIO/OBSERVER-DISPATCH VIA THE ASSOCIATED PRESS

However, the 23-year-old Baertschi, acquired by the Canucks at last year's trade deadline, went 11 games without a goal to start this season. He had only four assists.

In his last 37 games? He's scored 11 times with 16 points. But his play in the defensive end has been much improved and Green believes that kept him in the Canucks lineup long enough to allow him to re-discover his scoring touch.

> **If you can be good in your own zone, that will buy you some time when you make the NHL.**
> Utica Comets head coach Travis Green

"If you can be good in your own zone, that will buy you some time when you make the NHL," said Green.

Ducks just too much for Canucks to handle

The Ducks' Ryan Kesler, top, checks the Canucks' Henrik Sedin on Thursday night. BEN NELMS/THE CANADIAN PRESS

For more than two periods, the biggest cheer of the night from Vancouver Canucks fans was for a Ryan Kesler penalty.

After that, it was basically downhill from there for the Canucks.

The Canucks lost to Kesler, the villain in these parts, and the visiting Anaheim Ducks by a final score of 5-2 at Rogers Arena on Thursday, extending their losing streak on home ice to six games.

They take to the road versus the Calgary Flames on Friday, before returning to Vancouver for a five-game homestand that begins Sunday against the Colorado Avalanche.

THURSDAY In Vancouver

5	2
DUCKS	CANUCKS

The talk around town since Monday had been about two essential no-shows from the Canucks, as their fall down the Western Conference standings turned ugly. A better start was the emphasis of the past two days.

And a better start was what the Canucks put forward in the opening minutes versus the Ducks.

But they couldn't sustain it and the red-hot Ducks, despite concluding a seven-game road trip that started in Pittsburgh, eventually took control over the listless Canucks.

Rickard Rakell and Sami Vatanen scored to give Anaheim a two-goal lead in the second period. The Ducks increased that lead to four, as Ryan Getzlaf and Josh Manson scored 27 seconds apart in the third period.

Jannik Hansen and Sven Baertschi scored for Vancouver in the third period, but the damage had already been done.

CAM TUCKER/METRO

NHL IN BRIEF

Coyotes outgun Stars
Maxi Domi had two goals and an assist, linemate Anthony Duclair had three assists and the Arizona Coyotes beat Dallas at its own game with a 6-3 victory over the Stars on Thursday night.

The Coyotes scored a season-best six goals for the second straight game, racing past the NHL's top-scoring team to win consecutive games for the first time in nearly a month. THE ASSOCIATED PRESS

Blues best Kings in OT
Jaden Schwartz scored 1:40 into overtime and Brian Elliott was sharp again in goal as the St. Louis Blues beat the Los Angeles Kings 2-1 on Thursday night.

Elliott made 34 of 35 saves as he improved to 11-3-3 since Jake Allen was injured on Jan. 8.
THE ASSOCIATED PRESS

Wild improve to 3-0 under their new coach
Matt Dumba and Thomas Vanek each recorded a goal and an assist as the Minnesota Wild ran their winning streak under new head coach John Torchetti to three games with a 5-2 victory over the Edmonton Oilers on Thursday.

Jason Pominville, Charlie Coyle and Mikael Granlund also scored for the Wild (26-22-10), who had lost 13 of their previous 14 games under former coach Mike Yeo. THE CANADIAN PRESS

Sharks top Panthers in SO
Joe Pavelski scored the winning goal in the shootout and the San Jose Sharks beat the Florida Panthers 2-1 on Thursday night for their third straight victory.

Logan Couture scored in the third period for the Sharks, and Martin Jones stopped 19 shots.
THE ASSOCIATED PRESS

Stamkos helps Lightning recover, beat Jets
Steven Stamkos scored in the fifth round of the shootout and the Tampa Bay Lightning rebounded after blowing a three-goal lead to beat the Winnipeg Jets 6-5 on Thursday night.
THE ASSOCIATED PRESS

NBA

Raptors idle on trade-deadline day

Moments after Thursday afternoon's NBA trade deadline passed, Toronto Raptors general manager Masai Ujiri walked into a room full of reporters and joked: "You guys are busier than I am."

Ujiri opted to keep his roster intact as the 3 p.m. ET deadline came and went, saying there was "nothing there good enough for us." He pointed to Toronto's momentum. The Raptors (35-17) are winners of 14 of their last 16 games, and sit second in the Eastern Conference, just three games back of the Cleveland Cavaliers.

Ujiri said keeping the status quo will bolster the confidence of the players he has.

"I think it showed in the past that we are willing to give our players a chance. And we have great chemistry, we won 14 out of 16, why can't it continue to grow?" he said.

The Raptors return to action Friday in Chicago.

THE CANADIAN PRESS

IN BRIEF

Clippers send Stephenson packing, acquire Green

The Memphis Grizzlies traded forward Jeff Green to the Los Angeles Clippers in exchange for guard Lance Stephenson, said two people with knowledge of the deal.

Green has averaged 12.2 points per game this season while Stephenson averaged 4.7 points per game.

THE ASSOCIATED PRESS

Spieth sputters in L.A.

Jordan Spieth was everywhere he wasn't supposed to be at Riviera and wound up with a 79 in the Northern Trust Open.

Spieth called it a day to forget. For Colombian Camilo Villegas it was a day to savour. He hit four straight birdies late to card 63. He led Bubba Watson, Chez Reavie and Luke List by three shots.

THE ASSOCIATED PRESS

Keuchel's raise biggest

AL Cy Young Award winner Dallas Keuchel received the steepest increase among the 156 players in salary arbitration this year, according to a study by The Associated Press.

The salary of the Houston Astros ace rose 1,282 per cent, from $524,500 to $7.25 million, after he went 20-8 with a 2.48 ERA in 33 starts.

THE ASSOCIATED PRESS

LeBron leads Cavaliers to easy victory over Bulls

LeBron James scored 25 points and barely missed a triple-double, Kevin Love added 15 points and 15 rebounds and the Cleveland Cavaliers looked refreshed from the All-Star break with a 106-95 victory over the Chicago Bulls on Thursday night.

THE ASSOCIATED PRESS

Shamrock, Gracie renew 20-year rivalry

MMA

Veterans that helped sport grow set to for another fight

Royce Gracie and Ken Shamrock, top, fight during UFC 1 in Denver in November 1993.

HOLLY STEIN/GETTY IMAGES

Ken Shamrock is ready to throw in the towel. He concedes he can't beat Royce Gracie.

"I can't run 20 miles," Shamrock said, laughing. "I can't beat him in a long-distance mile. I'd probably go two miles and be done."

Forget 20 miles, Shamrock and Gracie can boast of a long-distance MMA rivalry that has spanned more than 20 years and multiple organizations.

They are MMA cornerstones that lugged the sport out of the days of cock-fighting comparisons and into one of the biggest, baddest mainstream sports around. Shamrock and Gracie had two fights to remember.

The third fight might be the one that decides if there's still drawing and punching power left in the once fearsome fighters. Or if this upcoming bout is nothing more than a foolish cash-grab embarrassment for two men well past MMA retirement age.

Gracie returns to the ring for the first time in almost a decade to fight Shamrock at Bellator 149 Friday night in Houston. The records matter less than the ages: Shamrock turned 52 last week and Gracie is 49. They clashed at UFC 1 on Nov. 12, 1993.

"Why are people so afraid of me fighting at my age when the reality of the situation is, it's about dollars?" Shamrock said. "It's about doing what I love to do and getting paid for it."

Few would have predicted in '93 that Shamrock, Gracie and even MMA would have thrived well into the 21st century.

Royce Gracie
GETTY IMAGES

Gracie choked out Shamrock 57 seconds into the first bout at UFC 1. Before main events were short enough to fit into Vines, the second meeting at UFC 5 on April 7, 1995, was a draw in a bout that lasted a whopping 36 minutes, with no round breaks .

Shamrock and Gracie would become the first UFC Hall of Famers. "He's the reason I was able to rise to the level that I rose," Shamrock said. "He was where I had to be in order to be the best in the world."

Gracie said he'll fight at the same 180-pound weight he fought at in UFC 1.

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RECIPE Egg Bakes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These egg bakes take your easy scrambled eggs and toast dinner to the next level with only a little extra effort. And they're cute too.

Ready in
Prep time: 10 minutes
Total time: 30 minutes

Makes: 4 egg cups

Ingredients
- 4 slices of wholegrain bread
- 2 Tbsp butter, softened
- 4 eggs
- Salt and pepper to taste

Directions
1. Heat the oven to 375 F.

2. Trim the crusts off of your bread. Use a rolling pin to flatten them and butter both sides of each piece. Press each thin slice into a muffin tin.

3. Bake in the oven for 10 minutes, or until the bread is golden brown. Remove from oven and place muffin tin on a cookie sheet — it will make getting your finished eggs out of the oven easier. Now crack an egg into each nest and sprinkle with salt and pepper.

4. Place it back into the oven for about 20 minutes, you want the yolks and whites to set but not get too hard. Remove from the oven and use a butter knife to pry egg bakes out of the muffin tin. Serve with a side salad.

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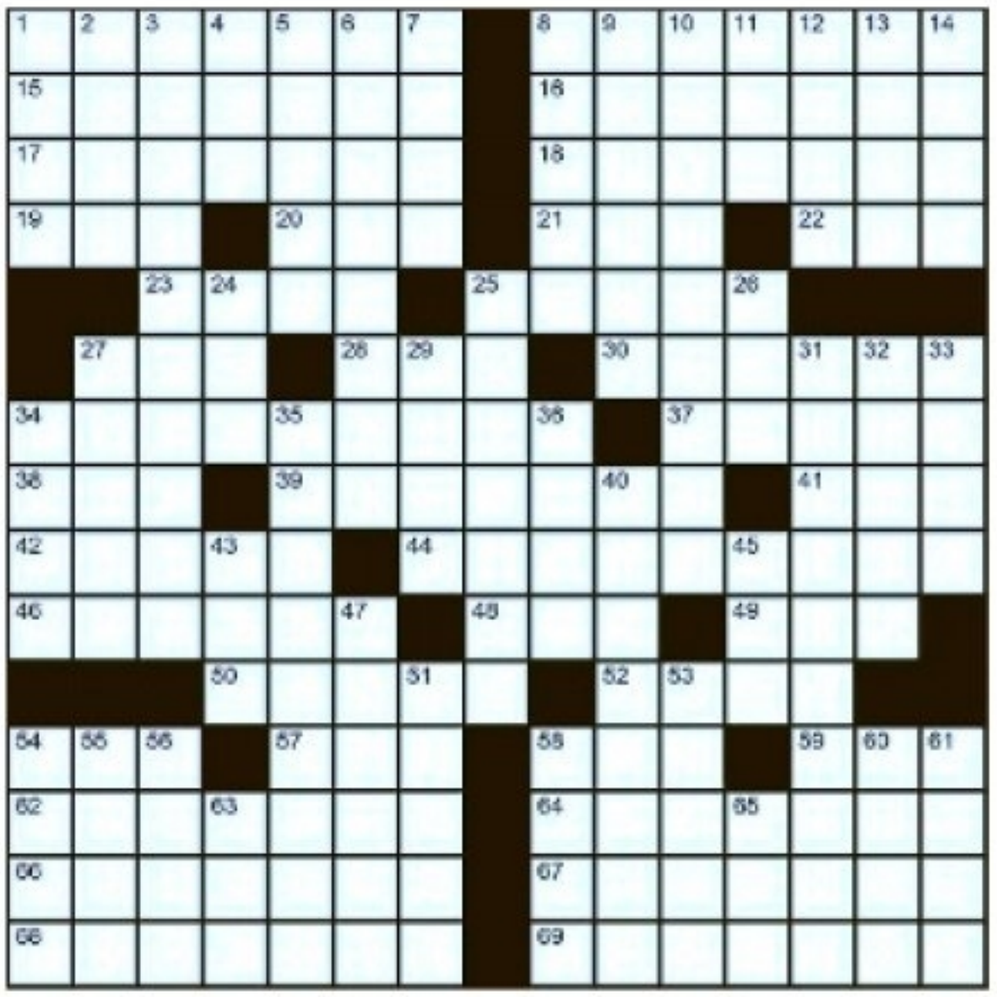
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. 1918 Montreal-to-Toronto: _ JN-4 'Canuck' (Plane used for Canada's first official aerial mail delivery)
8. Purplish red
15. Nose spray brand
16. Resistance to action
17. CRA = Canada _ Agency
18. Cushion decorations
19. Opposite NNW
20. 'Lact' suffix
21. Bitty Brit band
22. Gathered
23. Pro _ (Proportionately)
25. Febreze-using reason
27. Tricky
28. Discontinuity
30. Sharp-tailed _ (Saskatchewan's provincial bird)
34. 'Psst'-ing person
37. Poem comprised of lines from other poems
38. Basketball great, _ Ming
39. Ridiculous
41. Bamboozle
42. Optimist's opposer
44. 'Central' and 'Atlantic' in the National Basketball League of Canada
46. Ottawa-born singer/songwriter, _ Chante
48. Bird beak
49. Theatrical prompt
50. Q. "Kermit, the Muppets character, what is he?" A. "_ _."
52. Radar signal
54. Extinct bird
57. Lithium-_ battery
58. Conrad of Bravo police drama "19-2"
59. Pot cover
62. Indirect/slanting
64. Dinner party guest's gift, perhaps: 2 wds.
66. American roots music band that played with Jefferson Airplane: 2 wds.
67. Seventh or eleventh, for example
68. Ranks the tennis players again
69. Allocates

DOWN
1. 'Burned' computer discs, commonly
2. Scottish musician Midge's
3. Niagara _ _ (National Basketball League of Canada team)
4. Blood-sucking bug's half
5. "Is _ _ over yet?" (That game is still in overtime?)
6. Products by Canadian food brand Schneiders
7. Snick-or-_
8. Referenced
9. _ clock
10. Natural _ Canada
11. "_, Doubtfire" (1993)
12. Detail
13. World's longest river
14. The Middle _
24. Group of Seven painter Mr. Jackson, et al.
25. New store's 'grand' event
26. Deer sort
27. "Happy Baby" Canadian music trio
29. Dry
31. Gwyneth and Chris made headlines when they were 'conscious' about it
32. Masonry material
33. Long times
34. Klee _ (Emily Carr book)
35. West coast water ...en francais
36. Cleave
40. Rabbits whilst eating
43. Smashing Pumpkins co-founder James
45. Henri's 'here'
47. More or less
51. Q. "Did U2 release '_' _ a single in 1992?" A. "Yes."
53. Cheryl and Diane
54. Jay of "Jerry Maguire" (1996)
55. Orchestra instrument
56. Mountain heights [abbr.]
58. Malayan sailing boat
60. _ _ uproar
61. Rocker Mr. Shannon's
63. 'Favour' finisher
65. Nintendo game console

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The next few weeks won't be easy but try not to make them harder than they have to be. A lot will depend on your attitude, especially your willingness to rise to a challenge rather than be intimidated by it.

Taurus April 21 - May 21
The Sun in Pisces will boost your self-esteem and bring you into contact with people whose ideals mirror your own. But being challenged will inspire you to fight all the harder.

Gemini May 22 - June 21
This is an important time for career. You'll get opportunities to show what you can do. Seize them. If you let them pass you by they won't come around again for a long time.

Cancer June 22 - July 23
The Sun's change of signs will lead to a broadening of your horizons. Ideas that never meant much to you in the past will capture your imagination.

Leo July 24 - Aug. 23
It is unlikely you will be satisfied with superficial answers. You want — no you demand — to know what is going on beneath the surface and behind the scenes.

Virgo Aug. 24 - Sept. 23
Look for ways to co-operate with others today and over the weekend. Remember, too, that everyone has a good side and a bad side but the good side is always stronger, especially if it is given encouragement. Let people know you like them.

Libra Sept. 24 - Oct. 23
You dislike it when unexpected events disturb your methods and habits but that's too bad because there will be severe disruptions over the next few days. Don't get uptight, in the long-term it will do you good.

Scorpio Oct. 24 - Nov. 22
The Sun moves into the most dynamic area of your chart today and soon you will be moving so fast you will have trouble catching your breath. If you make an extra effort now you will reap rewards down the road.

Sagittarius Nov. 23 - Dec. 21
It may seem as if the whole world is against you but nothing could be further from the truth. You are simply more touchy than usual. Stay calm.

Capricorn Dec. 22 - Jan. 20
You will be on the move a lot over the next few weeks but today it will pay you to stay where you are. An extremely busy phase is about to begin and once you start you won't want, or be able, to stop.

Aquarius Jan. 21 - Feb. 19
The focus of your life is about to change, maybe a little, maybe a lot. One thing that will change is your finances which have been less than healthy. Essentials only from now on!

Pisces Feb. 20 - March 20
The time has come to show the world what you can do. You won't lack for energy or enthusiasm, so use them to pursue excellence in everything you do. You'll dazzle!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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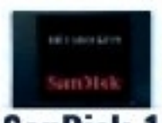

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